Breville

the Avance® Banquet Frypan

Instruction Booklet

BEF210–BEF200

CONGRATULATIONS

on the purchase of your new
Breville Avance® Banquet Frypan

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Avance® Banquet Frypan for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Avance® Banquet Frypan.
- Do not place the Avance® Banquet Frypan near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Avance® Banquet Frypan clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert Temperature Control Probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- The frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or Temperature Control Probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- If using plastic utensils, do not leave in frypan when hot.
- Do not place hot glass lid under cold water.
- Always have the glass lid positioned correctly on the Avance® Banquet Frypan throughout operation of the appliance unless stated in the recipe to have it removed.
- The glass lid has been specially treated to make it stronger, more durable and safer than ordinary glass, however it is not unbreakable. If struck extremely hard, it may break or weaken and could at a later time shatter into many small pieces without apparent cause.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the frypan to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Avance® Banquet Frypan.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use before attempting to move appliance and before cleaning.
- Keep the appliance clean. Refer to care and cleaning (page 10).

- Do not place anything on top of the Avance® Banquet Frypan when the lid is in position, when in use and when stored.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

⚠ *WARNING*

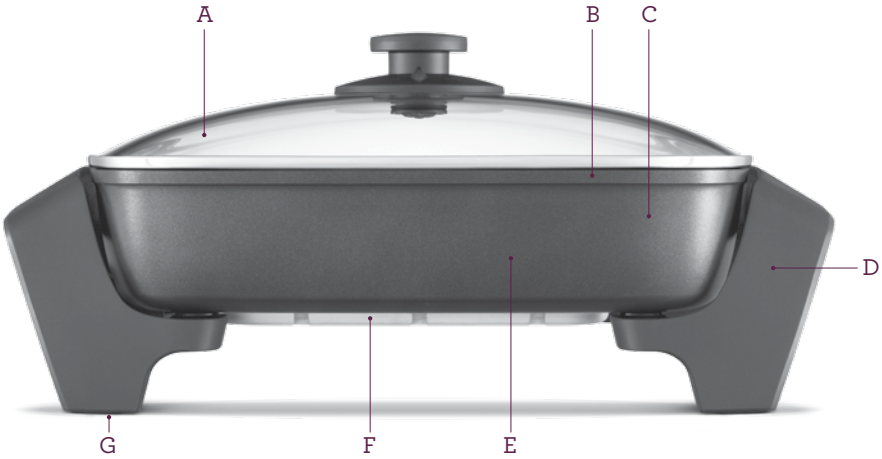
Do not operate the Avance® Banquet Frypan on an inclined surface. Do not move the Avance® Banquet Frypan while it is switched on.

SAVE THESE INSTRUCTIONS

KNOW

your Breville Avance® Banquet Frypan

KNOW YOUR BREVILLE AVANCE® BANQUET FRYPAN



A. **Dishwasher safe glass lid** with adjustable steam vent
B. **Large rectangular 38cm x 29.5cm frypan**
C. **Extra deep 78mm pan**
D. **Cool touch handles**
E. **High quality non-stick cooking surface**
F. **Powerful 2200 watt die-cast element**
G. **Non-slip feet**
H. **Trigger release removable variable Temperature Control Probe** with 10 heat settings
I. **Pan tilt lever**

BEFORE FIRST USE

Remove and safely discard any packaging material or promotional stickers before using your Avance® Banquet Frypan for the first time. It is recommended before the first use to wash your frypan and lid in hot soapy water. Rinse and dry thoroughly. Do not immerse the power cord, power plug and/or Temperature Control Probe in water or any other liquid.

OPERATION OF YOUR FRYPAN

1. Insert the Temperature Control Probe into the probe socket on the appliance. Plug power cord into a 230/240V power outlet and switch 'On'. Always insert the probe into the appliance first, then insert power plug into power outlet.

NOTE

Before inserting the Temperature Control Probe into the probe socket; ensure the interior of the socket is completely dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

2. Turn the dial on the Temperature Control Probe clockwise to the desired setting. The red heating light on the probe will illuminate.
3. The red heating light will remain illuminated until the frypan reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'On' and 'Off' during cooking to maintain the desired temperature.
4. When cooking is completed, turn the dial anti-clock-wise until it is aligned with the 'MIN'. Switch off at the power outlet and unplug power cord.
5. Leave the Temperature Control Probe connected to the appliance until cool.
6. Remove the Temperature Control Probe and follow the cleaning instructions to clean the frypan (page 10).

NOTE

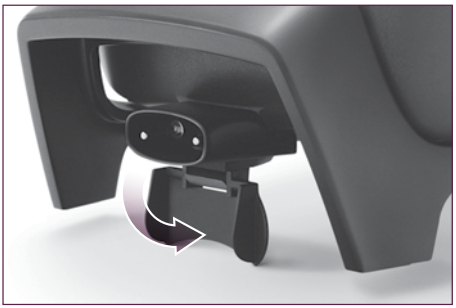
This frypan must be used with the Temperature Control Probe provided. Do not use any other probe or connector.

NOTE

To adjust the steam outflow from the frypan, turn the adjustable steam vent attached to the knob on the glass lid.

USING THE PAN TILT LEVER

Pan tilt lever is located under the temperature control probe. Pull lever away from base and rest in upright position on bench top. This will slope frypan to one side so that when sautéing or roasting, oil/fats can collect in one area away from food.



CARE, CLEANING & STORAGE

for your Breville Avance® Banquet Frypan

CARE

- Do not leave plastic cooking utensils in contact with the hot frypan surface while cooking.
- Do not use metal utensils on the non-stick coating of the frypan. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the frypan to 'MIN' and unplug power cord from the power outlet. Remove the Temperature Control Probe when cooled, from the probe socket of the appliance.

CLEANING

Temperature Control Probe

- If cleaning is necessary, wipe the Temperature Control Probe over with a slightly damp cloth. Ensure it is completely dry before use.

NOTE

Never immerse the Temperature Control Probe, power plug or power cord in water or any other liquid.

Non-stick cooking surface

Cooking on a non-stick surface minimises the need for oil. As food does not stick, cleaning is easier.

Any discolouration that may occur on the non-stick surface may detract from the appearance of the frypan but will not affect the cooking performance.

Do not use metal (or other abrasive) scourers when cleaning the non-stick coating. Wash with hot soapy water. Remove stubborn spots with a soft plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

NOTE

To clean the interior and exterior surface and glass lid wash in hot soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush.

Removing discolouration of the non-stick surface

- Combine 2 tablespoons bicarbonate of soda, ¼ cup household bleach, 1 cup water.
- Pour into the frypan, place lid on with the vent closed, and simmer for 5-10 minutes.
- Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

Glass lid

Wash the lid in warm soapy water using a soft cloth or sponge, rinse and dry thoroughly.

Dishwasher safe

Your frypan and glass lid are dishwasher safe for easy cleaning. Remove the probe and power cord before placing frypan into the dishwasher.

NOTE

Before inserting the Temperature Control Probe into the probe socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

STORAGE

Store the frypan upright with the lid in position.

Store the Temperature Control Probe carefully. Take care not to knock or drop the probe as this can cause damage. If damage is suspected, return the Temperature Control Probe with the frypan to your nearest Breville Service Centre for inspection.

TIP

For convenient storage of the Temperature Control Probe, line the frypan with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and power plug do not scratch the non-stick surface.

COOKING TECHNIQUES

for your Breville Avance® Banquet Frypan

STIR FRYING

Recommended Temperature Control Probe setting 'High Sear'.

- An energy efficient and healthy way of cooking foods. The benefit of this method is its speed and flavour result. The cooking action for stir frying is a continual stirring motion to ensure the food is evenly exposed to the heat and cooks quickly and evenly in a couple of minutes.
- Stir frying should be carried out using a 'High Sear' setting.
- Preheat your frypan before adding any ingredients, allowing the heating light to cycle 'On' and 'Off' several times. This will allow the frypan to reach and maintain an even high temperature.
- Stir frying is a dry heat cooking method and is best suited to tender cuts of meat. Timing is a key factor as over cooking will give a tough, dry result. Cooking times will depend on the size and thickness of the meat, as the bigger the pieces, the more time needed.

RECOMMENDED CUTS

Beef	Lean beef strips prepared from rump, sirloin, rib eye, fillet.
Chicken	Lean chicken strips prepared from breast fillets, tenderloins, thigh fillets.
Lamb	Lean lamb strips prepared from fillet, lamb leg steaks, round or topside mini roasts, eye of loin.
Pork	Lean pork strips prepared from leg, butterfly or medallion steaks or fillet.
Veal	Eye of loin, fillet, round, rump or topside.

Suggested times for stir frying vegetables:

COOKING TIME	INGREDIENTS
3 minutes	Onion quartered, broccoli flowerets, carrots sliced, soaked Chinese dried mushrooms
2 minutes	Snow peas, capsicum sliced, zucchinis sliced, water chestnuts, bamboo shoots
1 minute	Garlic minced, chilli minced, ginger minced, shallots chopped, bean sprouts
These brief cooking times will keep vegetables crisp.	

STIR FRY TIPS

- Prepare meat strips from recommended cuts as listed above by removing fat and slicing thinly across the grain (across direction of meat fibers). Slicing across the grain ensures tenderness. Cut into very thin strips, approximately 5-8cm in length. Partially freeze meat (approximately 30 minutes) to make slicing easier.
- Buy meat strips already prepared from your butcher or supermarket.
- Stir fry meat strips in small batches (approx 200-300g) to keep juice in meat and avoid 'stewing', resulting in tougher meat.
- Meat strips should sizzle when added to the frypan.
- Stir fry meat strips for 1-2 minutes. Longer cooking will toughen meat.

- Remove each batch when cooked and allow frypan to reheat before stir frying the next batch. By cooking in small batches the heat of the frypan remains constant, ensuring the meat doesn't stew and toughen.
- A small amount of oil can be mixed through the meat strips before adding to the frypan, along with any other flavouring such as garlic, ginger and chilli. A little sesame oil can also add flavour. Mixing the oil with the meat in this way cuts down on the quantity used.
- Drain off thin marinades from meat strips before stir frying to prevent stewing and splatter.
- Stir fry vegetables in a little oil (or sprinkling of water) before meat is added for vivid colour and crispness.
- These brief cooking times will keep vegetables crisp.
- Peanut oil is traditionally used for stir fry Asian style dishes. However other oils such as vegetable, canola and light olive may be used.
- Do not over fill the frypan. If necessary, cook in batches and reheat at the end of stir frying. If using this method remember to under cook slightly so reheating will not spoil the finished dish.
- Serve stir fried foods immediately to retain their crisp texture.

SAUTÉING

Recommended Temperature Control Probe setting 8 –'High Sear'. Use for sautéing onions, garlic, spices, pastes, herbs, vegetables, meat and seafood.

NOTE

If using oil to sauté, use setting High Sear. If using butter, use setting 8.

SHALLOW FRYING

Recommended Temperature Control Probe setting 8 - 'High Sear'.

Use to crispen and cook foods in a small amount of oil. The foods may have already been cooked.

- Use approximately 2-4 cups oil or sufficient oil so that half the food is immersed.
- Preheat the oil before adding food.
- Never cover the frypan with the lid during heating or cooking with oil as this can cause overheating. It may also result in condensation dripping into the oil causing bubbling and splattering.
- Do not move the frypan during heating or cooking.
- Wipe moisture from foods to avoid splattering.
- Cook a few pieces at a time to ensure crispness.
- Drain cooked foods on kitchen paper to absorb excess oil.
- Never leave your frypan unattended or unsupervised while shallow frying.
- Allow oil to cool before removing from frypan.
- Vegetable or canola oil is recommended for frying.

PAN FRYING

Recommended Temperature Control Probe setting Searing meat – 'High Sear' Medium heat – 6-8.

Use for cooking meats, fish, seafood, eggs, chicken or sausages.

- Preheat frypan on 'High Sear' setting. A small amount of oil can be added to the heated frypan if desired.
- Brushing whole meat cuts, for example, steak, chicken breast, fish fillets, with a small amount of oil before pan frying will give a more even result and reduces amount of oil required.

- Allow time for meat to sear on both sides. Then reduce to setting 6-8.
- Delicate foods such as fish and eggs should be panfried on Medium Heat Setting 6-8. Allow time for fish to be cooked on both sides and eggs to set.

ROASTING

Recommended Temperature Control Probe setting Searing Roast - 'High Sear' Cooking Roast – 4 - 8.

ROASTING MEAT AND POULTRY

The frypan is ideal for roasting meat and poultry, as the meat retains flavour and juices. The frypan's lid provides ample room for larger joints of meat and poultry up to 1.5kg.

- Preheat the frypan on setting 'High Sear'.
- Fattier joints of meat such as lamb require no oil. Use only a small amount of oil for leaner roasts.
- Sear and seal the meat on all sides. Position the lid.
- After searing, turn the dial to setting 4-8, to cook meat to desired doneness.
- Turn the meat over during cooking.
- Once the meat is cooked, remove from frypan, set aside and cover with foil. This allows the juices in the meat to settle before carving.
- To make gravy: Drain excess oil from frypan, stir 1-2 Tablespoons plain flour into frypan residue, cook for 1-2 minutes, reduce heat, gradually add 1-2 cups stock. Increase heat and stir gravy continuously until it comes to the boil, reduce heat and simmer 3-4 minutes until gravy thickens. Serve immediately with sliced roast meat.

ROASTING VEGETABLES

- Vegetables such as potatoes, pumpkin, sweet potato, parsnips, etc. can be added to the frypan with the meat during cooking.
- Cut vegetables into even sized pieces and lightly brush with oil.
- Add to the frypan 40-65 minutes before serving.
- For crisper vegetables, remove the meat, drain juices and add vegetables. Increase the heat for the last few minutes of cooking.

ROASTING TIMES

The following times will cook the meats to 'Well Done'. These times can be reduced for meats to be cooked to personal preference.

Suggested times for meat 'Well Done':

INGREDIENT	ROASTING TIME
Pork	30-40 minutes/500g after searing
Veal	30-40 minutes/500g after searing
Lamb/Beef	25-30 minutes/500g after searing
Chicken	30-35 minutes/500g after searing

BOILING

Recommended Temperature Control Probe setting 'High Sear'.

Use for cooking rice and pasta.

- 1 cup to 6 cups water = 1 quantity
- Cooking time approximately 8-12 minutes
- Cooking times will vary for different types of pasta and rice.

- Always bring water to the boil with the lid in position. Remove lid and add ½ teaspoon salt and 1 Tablespoon of oil to water to assist with cooking and to prevent pasta and rice grains from sticking together.
- Cook rice or pasta uncovered, stirring occasionally to prevent sticking.
- Reduce to a lower heat setting if water boils too quickly.

BAKING

Your Banquet Frypan can be used for baking cakes.

Preheat the frypan on setting 'High Sear', with the lid on.

- Elevate the cake pan or tray from the base of the frypan using a small wire rack.
- Cooking times will be longer than those of a conventional oven. Use recipes in this book as a guide to the cooking times for your own recipes.

RECIPES

HAM AND HERBED CHEESE OMELETTE

Serves 4

INGREDIENTS

4 x 60g eggs, separated
2 Tablespoons milk
1 teaspoon mild English mustard
¼ teaspoon salt
2 Tablespoons butter
120g sliced ham, thinly sliced into strips
2 Tablespoons finely snipped chives
1 Tablespoon chopped parsley
1 medium tomato, chopped
½ cup grated tasty cheese, for serving

METHOD

1. Combine egg yolks, milk, mustard and salt in small bowl.
2. Beat egg whites in a separate bowl until soft peaks form. Fold egg whites through egg yolk mixture.
3. Heat in frypan on setting 'High Sear'. Add butter to melt, add ham, chives, parsley and tomato, sauté for 2 minutes. Remove and set aside.
4. Reduce heat to setting 4-6. Pour egg mixture evenly into frypan. Cover and cook until top of omelette puffs and base is cooked and golden.
5. Sprinkle ham filling over half the omelette. Fold remaining omelette half over filling. Remove from frypan.
6. Cut into four slices and serve sprinkled with grated cheese.

HONEY AND MIXED SPICE PIKELETS

Makes 12

INGREDIENTS

1 cup/155g plain flour
2 teaspoons baking powder
¼ Tablespoon brown sugar
1 teaspoon ground ginger
¼ teaspoon cinnamon
¼ teaspoon mixed spices
2 x 60g eggs, lightly beaten
1 Tablespoon honey
1 cup/250ml milk
2 Tablespoons butter, melted
2 Tablespoons butter, extra, for greasing
Jam, for serving
Whipped cream, for serving

METHOD

1. Preheat frypan on heat setting 6-8.
2. Sift dry ingredients into a small mixing bowl. Add eggs and beat using a mixer on a medium speed. Gradually add remaining ingredients and mix until smooth.
3. Allow mixture to stand for 5 minutes.
4. Add butter to grease frypan. Drop 6 level Tablespoons of mixture about 4cm apart into hot greased frypan. Cook until bubbles appear on top of pikelets. Turn and cook until golden. Remove pikelets from pan. Repeat with remaining mixture.
5. Serve warm with jam and whipped cream.

CRÊPES

Makes 10

INGREDIENTS

1½ cups/235g plain flour
Pinch of salt
3 x 60g eggs, lightly beaten
1¼ cups milk
1 teaspoon vanilla essence
2 Tablespoons butter, melted
1 Tablespoon butter, extra, for greasing
Lemon juice, for serving
Icing sugar, for serving

METHOD

1. Preheat frypan on heat setting 8- 'High Sear'.
2. Sift flour and salt into small bowl. Combine eggs, milk, vanilla and butter. Slowly add to dry ingredients and beat mixture until smooth.
3. Add butter to lightly grease frypan. Pour sufficient batter into frypan to make a fine even crêpe. Turn crêpe over and cook until golden. Remove crêpe and repeat with remaining mixture. Cook quickly as overcooking will toughen crêpes.
4. Serve sprinkled with lemon juice and icing sugar.

CLASSIC PANCAKES

Makes 8

INGREDIENTS

1 cup/155g plain flour
Pinch of salt
1 x 60g egg
¼ cup milk
2 Tablespoons butter, melted
2 Tablespoons butter, extra, for greasing
Fruit, for serving
Ice-cream, for serving

METHOD

1. Preheat frypan on heat setting 6-8.
2. Combine flour, salt, egg, milk and butter in small mixing bowl. Beat until smooth.
3. Allow mixture to stand for 5 minutes.
4. Add butter to lightly grease frypan. Pour a small quantity of batter into frypan. Cook until bubbles form on top of the pancake. Carefully turn the pancake over and cook until golden brown.
5. Remove pancake from pan and repeat with remaining mixture.
6. Serve with fruit and ice-cream. Also ideal for savoury dishes.

CHICKEN AND SWEET CORN SOUP

Serves 4-6

INGREDIENTS

1 Tablespoon peanut oil
1 clove garlic, crushed
500g creamed corn
150g cooked and shredded chicken meat
4 cups/1 Litre chicken stock
4 x 60g egg whites separated
1 teaspoon ground black pepper, for serving
1 Tablespoon finely chopped parsley, for serving
4 green shallots, sliced diagonally, for serving

METHOD

1. Heat oil in the frypan on 'High Sear' setting.
2. Add garlic, corn, chicken meat and stir fry for 1 minute.
3. Add chicken stock and bring to the boil. Reduce heat setting to 4-8.
4. Slowly add egg whites to hot stock mixture, stirring continuously to create fine shreds.
5. Cook for 2 minutes.
6. Serve hot, sprinkled with pepper, parsley and green shallots.

NOTE

Egg yolks are not required in this recipe.

FRENCH ONION SOUP

Serves 4-6

INGREDIENTS

1 Tablespoon butter
1 Tablespoon oil
6 medium brown onions, finely sliced
1 clove garlic, crushed
2 Tablespoons plain flour
1 cup/250ml red wine
1 teaspoon chopped fresh thyme
6 cups/1500ml beef stock
Salt and pepper, optional

METHOD

1. Heat frypan on 'High Sear' setting, add butter, oil, onions and garlic. Stir fry until onions are golden.
2. Reduce to heat setting 8, stir in flour and cook for 1 minute.
3. Gradually stir in wine and thyme and cook until liquid is reduced by half.
4. Stir in beef stock, increase to 'High Sear' setting and bring to the boil. Reduce to heat setting 4, and simmer for 15-20 minutes.
5. Add salt and pepper to taste before serving.

CURRIED PUMPKIN SOUP

Serves 4

INGREDIENTS

40g butter
1 large leek, thinly sliced
2 cloves garlic, freshly crushed
1 Tablespoon curry powder
2 teaspoons ground cumin
1kg butternut pumpkin, peeled and chopped
6 cups/1500ml chicken stock
Freshly ground black pepper
120ml sour cream, for serving
½ bunch finely chopped chives, for serving

METHOD

1. Preheat frypan on setting 8. Add butter to melt, then sauté leek, garlic and spices until soft.
2. Add pumpkin, stock and pepper. Increase to 'High Sear' setting, cover with lid and bring to the boil. Reduce to setting 2-4 and simmer for 30 minutes or until pumpkin softens.
3. Cool slightly and blend or process cooked mixture until smooth.
4. Serve hot topped with a swirl of sour cream and sprinkled with chives.

BABA GHANNOUSH

Serves 6

INGREDIENTS

2 Tablespoons olive oil
2 medium eggplants, peeled and chopped into 1cm pieces
2 cloves garlic, crushed
1½ Tablespoons lemon juice
½ teaspoon sweet paprika
½ cup/125ml vegetable stock
200g cream cheese, softened
Turkish bread, toasted, for serving

METHOD

1. Heat oil in frypan on setting 'High sear'.
2. Add eggplants, garlic and paprika and sauté for 2 minutes.
3. Add lemon juice and chicken stock, bring to the boil, reduce to heat setting 4-6. Cover with lid and simmer for 10 minutes or until eggplant has softened.
4. Cool mixture, then blend or process with cream cheese until smooth.
5. Refrigerate in an airtight container until required.
6. Serve with toasted Turkish bread.

ASPARAGUS WITH THAI DRESSING

Serves 4-6

INGREDIENTS

3 bunches fresh asparagus, trimmed
1 Spanish onion, peeled and thinly sliced
¼ cup freshly chopped coriander
¼ cup freshly chopped mint
1 Tablespoon finely snipped garlic chives
1 Tablespoon extra virgin olive oil
2 Tablespoons freshly squeezed lime juice
2 small red chilli, finely sliced
¼ cup red wine vinegar
1 Tablespoon fish sauce
Salad leaves, for serving

METHOD

1. Cut asparagus into 8cm lengths.
2. Pour 6 cups/1.5L of water into frypan. Cover with lid and bring water to the boil on heat setting 'High Sear'.
3. Place asparagus into boiling water. Cook for 5 minutes until asparagus is tender. Remove and rinse under cold water.
4. Drain asparagus onto paper towel. Toss asparagus, onion and herbs together in a serving bowl. Cover and chill for an hour before serving.
5. Combine oil, juice, chilli, red wine vinegar and fish sauce. Pour over asparagus and toss lightly.
6. Serve asparagus with salad leaves.

RATATOUILLE

Serves 4

INGREDIENTS

¼ cup/65ml olive oil
2 cloves garlic, thinly sliced
1 large Spanish onion, peeled and roughly chopped
3 red capsicum, seeded and cut into 4cm cubes
1 medium eggplant, roughly chopped
8 Roma tomatoes, chopped
4 zucchini, thickly sliced
⅓ cup/85ml vegetable stock
⅓ cup basil leaves
Freshly ground black pepper
Pasta, for serving

METHOD

1. Heat oil in frypan on heat setting 'High Sear'. Add garlic and onion and sauté for 2 minutes until softened.
2. Add capsicum, eggplant, tomatoes, zucchini, stock and basil and sauté for 2 minutes. Cover with lid and bring to the boil. Reduce to heat setting 4-6.
3. Simmer for 15 minutes or until vegetables have softened and liquid thickens.
4. Serve with pasta as an accompaniment to beef, chicken, pork or lamb.

POTATO AND KUMERA CURRY

Serves 4

INGREDIENTS

2 Tablespoons olive oil
2 teaspoons brown mustard seeds
2 onions, thinly sliced
2 cloves garlic, crushed
2 teaspoons minced ginger
2 red chillies, thinly sliced
1 Tablespoon Marsala-blend curry paste
500g potatoes, peeled and cubed
500g kumera, peeled and cubed
1 cup/250ml vegetable or chicken stock

METHOD

1. Heat oil in frypan on heat setting 'High Sear'. Add mustard seeds and sauté until they start to pop.
2. Add onions, garlic, ginger and chillies and sauté for 2 minutes until softened.
3. Add curry paste, potatoes, kumera and stock.
4. Cover with lid and bring to the boil on 'High Sear' setting then reduce to heat setting 4-6. Simmer for 20 minutes or until vegetables are just tender and liquid has reduced and thickened.

KUMERA, ZUCCHINI AND TOFU STIR FRY

Serves 4

INGREDIENTS

1 Tablespoon peanut oil
1 medium kumera, peeled and diced
1 large zucchini, cut into matchsticks
1 clove garlic, diced
1 teaspoon ginger, sliced into matchsticks
100g bean shoots
150g firm tofu, cut into slices
1 teaspoon sesame seeds
1 teaspoon sesame oil
1 Tablespoon sweet soy sauce
Grilled chicken or pork, for serving

METHOD

1. Heat oil in frypan on 'High Sear' setting. Add kumera and cook for 2 minutes. Add zucchini, garlic and ginger and cook for another 2 minutes. Continue to cook for a few minutes to release aromatics.
2. Add remaining ingredients and cook for 2 minutes then serve immediately.
3. Serve with grilled chicken or pork.

THAI GREEN CHICKEN CURRY

Serves 4

INGREDIENTS

1 Tablespoon vegetable oil
1 brown onion, diced
1 teaspoon crushed garlic
1 teaspoon diced ginger
1½ Tablespoons Thai green curry paste
800g skinless chicken thigh meat, diced
1 cup chicken stock
2 x 200g cans coconut cream
200g bamboo shoots
1 punnet cherry tomatoes
⅓ cup/250ml coriander leaves
Steamed jasmine rice, for serving

METHOD

1. Heat oil in frypan on 'High Sear' setting. Add onion and cook until golden.
2. Add garlic, ginger and curry paste and cook until oil separates from curry paste.
3. Add chicken, stock and half the coconut cream, mix well.
4. Cover with lid and bring to the boil then reduce to heat setting 2-4.
5. Simmer curry with lid on for 20 minutes or until chicken is cooked. Stir in remaining coconut cream, bamboo shoots, cherry tomatoes and coriander leaves and simmer for 5 minutes.
6. Serve with steamed jasmine rice.

ROAST CHICKEN

Serves 4

INGREDIENTS

2 sprigs thyme
20g butter, softened
1.5 kg chicken, trimmed, washed and dried
4 rashers bacon, rind removed and sliced in half
1 Tablespoon oil
¾ cup/190ml chicken stock
2 teaspoons chopped thyme, extra

METHOD

1. Place thyme sprigs and butter in cavity of prepared chicken.
2. Lay bacon diagonally over chicken breasts and secure with toothpicks if required. Tie chicken legs together.
3. Preheat frypan on heat setting 'High Sear'. Place chicken breast side up into frypan and brush with oil. Cover with lid and cook for 15 minutes. Reduce heat to setting 4-6 for 11/2 hours, basting regularly with stock.
4. Remove chicken from pan and allow to stand for 15 minutes before carving.
5. Add extra thyme to pan juices mixing well and pour sauce over chicken to serve.

ORIENTAL CHICKEN

Serves 4-6

INGREDIENTS

1.5kg chicken, trimmed, washed and dried
⅓ cup teriyaki sauce
2 Tablespoons honey
2 Tablespoons ginger wine
1 Tablespoons crushed garlic
¾ teaspoon freshly minced ginger
2 shallots, thinly sliced
¼ teaspoon five spice powder
½ teaspoon sesame oil
1 Tablespoon cornflour
1¼ cup/315ml chicken stock
Rice, salad or roasted vegetables, for serving

METHOD

1. Place chicken into a plastic freezer bag or large bowl.
2. Combine teriyaki sauce, honey, ginger wine, garlic, ginger, shallots, spice powders and oil.
3. Pour over chicken. Seal bag or cover bowl with plastic wrap. Marinate for several hours or overnight. Turn chicken when possible.
4. Remove chicken, reserving marinade.
5. Preheat frypan on 'High Sear' setting. Place chicken into frypan and sear on all sides.
6. Reduce to heat to setting 4-6. Cover with lid and cook for 1 hour. Baste regularly with reserved marinade. Remove chicken and keep warm.
7. Blend cornflour and stock together. Stir into pan juices and bring to the boil on heat setting 'High sear'. Reduce to a heat setting 4-6 and stir until sauce has thickened.
8. Serve chicken with sauce and rice, salad or roasted vegetables.

CHICKEN PILAF

Serves 4

INGREDIENTS

1 Tablespoon light olive oil
500g chicken breast fillet, sliced into strips
1 Tablespoon butter
2 cups long grain white rice
3 whole cloves garlic
½ teaspoon powdered saffron
½ teaspoon ground cardamom
1 teaspoon ground cumin
½ teaspoon Garam Marsala
1 cinnamon stick, broken
2 cardamom pods, lightly crushed
3 cups/750ml chicken stock
½ cup sultanas
100g smoked almonds

METHOD

1. Heat oil in frypan on heat setting 'High Sear'. Add chicken strips and cook for 2-3 minutes, remove and set aside.
2. Heat butter on heat setting 8. Add rice and stir well to coat with butter. Add garlic, spices and stock.
3. Increase to heat setting 'High Sear', cover with lid and bring to the boil. Reduce to heat setting 2-4 and simmer for 20 minutes or until rice has cooked.
4. Stir chicken, sultanas and smoked almonds thoroughly into rice. Reheat thoroughly before serving.

CREOLE CHICKEN

Serves 4-6

INGREDIENTS

1kg chicken legs
2 Tablespoons Cajun spice mix
2 teaspoons sweet paprika
1 Tablespoon freshly chopped basil
1 cup/155g plain flour
¼ cup light olive oil
1 red capsicum, trimmed, seeded and diced
1 green capsicum, trimmed, seeded and diced
2 sticks celery, thinly sliced
2 red chillies, thinly sliced
1 cup/250ml chicken stock
300g carton sour cream
30g butter, softened

METHOD

1. Combine chicken, spices, basil and flour into a plastic freezer bag. Shake well to coat chicken evenly. Reserve 3 Tablespoons of the flour mixture.
2. Heat oil in frypan on setting 'High Sear' setting. Add chicken legs and cook until crisp and golden.
3. Remove chicken and drain on paper towel. Add capsicum, celery and chillies to hot pan and sauté on setting 8.
4. Return chicken to frypan with stock. Reduce to heat setting 4-6, cover with lid and cook for 40 minutes.
5. Uncover and stir in sour cream and simmer for a further 10 minutes.
6. In a small bowl, whisk reserved flour into the softened butter.
7. Stir flour mixture into chicken mixture and simmer for another 5-10 minutes. Add extra water or stock if needed to make sufficient sauce.

BEEF BURGERS

Makes 6

INGREDIENTS

500g lean beef mince
1 onion, finely diced
1 X 60g egg, lightly beaten
½ cup fresh breadcrumbs
1 Tablespoon Worcestershire sauce
2 Tablespoons tomato sauce
1 teaspoon dried mixed herbs
Freshly ground black pepper
¼ cup fruit chutney
2 Tablespoons oil
6 rashers bacon, trimmed
6 slices canned pineapple, drained
6 hamburger rolls, for serving
Barbeque or tomato sauce, for serving
Garden greens, for serving

METHOD

1. Combine beef, onion, egg, breadcrumbs, sauces, herbs, pepper and chutney. Wet palms of hands and shape into 6 even-sized patties, refrigerate until required.
2. Heat oil in frypan on heat setting 'High Sear'.
3. Cook patties on each side until meat is cooked through. Remove and drain on paper towel.
4. Add bacon and pineapple to frypan and cook until crisp and golden.
5. Place beef patties onto rolls and top with bacon, pineapple, barbeque or tomato sauce and a selection of garden greens.

TIP

Beef Patties are best made ahead of time and chilled for several hours before looking.

BEEF AND ALLSPICE CASSEROLE

Serves 4

INGREDIENTS

1 kg chuck steak, trimmed and cut into 2cm cubes
2 Tablespoons plain flour
1 Tablespoon olive oil
30g butter
3 small onions, cut into wedges
2 sticks celery, sliced
½ Tablespoon ground allspice
3 medium potatoes, peeled and cubed
1 large carrot, sliced
5 cups/1.25L beef stock
2 teaspoons Worcestershire sauce
300ml sour cream
Potatoes, rice or pasta, for serving

METHOD

1. Toss beef cubes in flour.
2. Heat oil and butter in frypan on 'High Sear' setting.
3. Add beef cubes and sauté beef until browned.
4. Remove beef from frypan.
5. Add onions, celery, allspice, and vegetables, sauté until well browned.
6. Add stock and Worcestershire sauce. Cover with lid and bring to the boil. Stir in beef cubes. Recover with lid and reduce to a rapid simmer on heat setting 6.
7. Simmer for 1½ hours or until tender. Stir in sour cream just before serving.
8. Serve with potatoes, rice or pasta.

CLASSIC ROAST BEEF WITH GRAVY

Serves 4

INGREDIENTS

1.5 kg boned rib roast
Freshly ground black pepper
2 cloves garlic, crushed
1 Tablespoon olive oil
Gravy, for serving

METHOD

1. Rub outside of meat with combined pepper, garlic and olive oil.
2. Preheat frypan on 'High Sear' setting. Place prepared beef into frypan and sear on all sides. Cover with lid, reduce to heat setting 4-6 and cook for a further 1½ hours or until cooked to desired doneness.
3. Remove and cover with foil and allow to stand for 15 minutes before carving and serve with gravy.

GRAVY

INGREDIENTS

2 Tablespoons plain flour
¼ cup /65ml red wine
1 cup/250ml vegetable stock
2 cups/500ml beef stock
1 Tablespoon English mustard
Salt and pepper, to taste

1. Drain excess fat from frypan. Reduce to heat setting 2-4. Stir flour into pan residue, cook for 1-2 minutes. Increase to heat setting 6-8 to lightly brown flour.
2. Reduce to heat setting 4-6. Gradually add wine, stock and mustard.
3. Increase to heat setting 'High sear' and stir gravy continuously until it comes to the boil, reduce heat and simmer 3-4 minutes until gravy thickens. Season to taste and serve.

SHEPHERDS PIE

Serves 4

INGREDIENTS

1 kg lean cooked roast lamb
30g butter
2 medium onions, thinly sliced
¼ cup/40g plain flour
1 teaspoon Dijon mustard
2 cups/500ml chicken stock
¼ cup freshly chopped parsley
¼ cup freshly chopped mint
¼ teaspoon ground black pepper
2 Tablespoons Worcestershire sauce
1 qty potato topping (recipe on right)

METHOD

1. Trim meat and cut into small cubes or mince in food processor. Set aside.
2. Preheat frypan on heat setting 'High Sear'. Add butter to melt. Add onions and sauté until golden.
3. Add flour and mustard. Cook for 3 minutes, stirring constantly. Reduce to heat setting 2-4.
4. Gradually add stock, stirring until smooth. Increase to 'High Sear' setting. Bring mixture to the boil, then reduce to heat setting 4-6 and simmer for 5 minutes.
5. Add prepared meat, herbs and Worcestershire sauce to the mixture and stir thoroughly.
6. Transfer lamb mixture to a lightly greased, 8 cup ovenproof dish. Keep warm.
7. Spread whipped potatoes over prepared lamb mixture.
8. Place into a preheated oven 220°C for 20 minutes, or under a preheated grill, until potato topping is golden and lightly crisped.

POTATO TOPPING

INGREDIENTS

4 large potatoes, peeled and chopped
⅓ cup sour cream
40g butter
2 Tablespoons freshly grated parmesan cheese
Salt and pepper, to taste

METHOD

1. Place potatoes and sufficient water to cover in frypan. Cover with lid and bring to the boil. Cook for 20 minutes or until soft. Drain well.
2. Mash cooked potatoes with remaining ingredients. Whip potatoes until smooth and creamy.

LAMB NACHOS WITH SALSA

Serves 4

INGREDIENTS

1 Tablespoon oil
500g lamb mince
30g packet taco seasoning mix
425g can kidney beans, drained
½ cup/125ml beef stock
2 Tablespoons tomato paste
240g pkt plain corn chips, toasted
150g grated tasty cheese
250g avocado, mashed, for serving
¾ cup sour cream, for serving
1 quantity prepared salsa, for serving (recipe on right)

METHOD

1. Heat oil in frypan on 'High Sear' setting. Add mince, cook until brown, stirring constantly to avoid meat lumping.
2. Add seasoning mix, beans, stock and tomato paste. Cover with lid and bring to the boil, reduce to heat setting 4-6.
3. Simmer uncovered for 10 minutes or until lamb mixture thickens, stirring occasionally.
4. Spread corn chips onto an oven proof dish. Top with lamb mixture, sprinkle with cheese and bake in a moderately hot oven 220°C, or under a preheated grill, or until heated through and cheese melts.
5. Serve topped with avocado, sour cream and prepared salsa.

SALSA

INGREDIENTS

4 large roma tomatoes, chopped
1 small spanish onion, finely diced
1 Tablespoon extra virgin olive oil
1 Tablespoon freshly squeezed lime juice
1 Tablespoon sweet Thai chilli sauce
1 Tablespoon finely chopped coriander leaves

METHOD

1. Combine salsa ingredients and mix well.

LAMB AND PEANUT STIR-FRY

Serves 4

INGREDIENTS

2 Tablespoons peanut oil
500g lamb strips
2 red capsicum, trimmed, seeded and sliced
150g snow peas, trimmed
500g English spinach
2 Tablespoons Teriyaki sauce
¼ cup oyster sauce
3 cloves garlic, crushed
1 teaspoon freshly grated ginger
2 red chillies, crushed
1 Tablespoon brown sugar
2 teaspoons cornflour
1 Tablespoon water
250g unsalted peanuts
2 Tablespoons shredded basil leaves
Steamed rice, for serving

METHOD

1. Heat oil in frypan on 'High Sear' setting. Stir-fry lamb strips in two batches for 1-2 minutes. Remove each batch when cooked and allow pan to reheat before stir-frying the next. Remove lamb and set aside.
2. Stir fry capsicum and snow peas, until tender.
3. Return lamb to frypan. Add spinach, sauces, garlic, ginger and chillies.
4. Combine brown sugar, cornflour and water. Stir through lamb mixture. Reduce to heat setting 4-6 and simmer to thicken the sauce.
5. Fold in the nuts and basil leaves just before serving. Serve with rice.

ROAST LAMB WITH GARLIC AND ROSEMARY

Serves 4-6

INGREDIENTS

1.5 kg leg of lamb
3 cloves garlic, peeled
1 Tablespoon rosemary sprigs
1 Tablespoon light olive oil
Freshly ground pepper
Roast vegetables, for serving
Gravy sauce, for serving

METHOD

1. Trim excess fat from lamb. Cut garlic into thin slivers. Use a small, sharp knife to cut small slits into the lamb and insert garlic and rosemary sprigs into slits.
2. Brush lamb with oil and season with pepper.
3. Preheat frypan on 'High Sear' setting. Add lamb and sear on all sides.
4. Reduce to heat setting 4-6. Cover and cook for a further 1 hour and 30 minutes until lamb is cooked to desired doneness. Turn lamb during cooking and baste occasionally.
5. Remove lamb and cover with foil. Allow lamb to stand for 15 minutes prior to carving.
6. Slice lamb and serve with roast vegetables and gravy sauce (refer Roasting Meats and Vegetables on Page 17).

HERB CRUSTED LAMB

Serves 4-6

INGREDIENTS

2 racks of lamb (6 cutlets each)
1 cup fresh breadcrumbs
½ cup dried breadcrumbs
1 Tablespoon freshly chopped parsley
1 Tablespoon freshly chopped mint
1 Tablespoon finely chopped basil
2 x 60g eggs, lightly beaten
2 cloves garlic
1 Tablespoon lemon juice
2 Tablespoons olive oil

METHOD

1. Trim excess fat from lamb. Combine breadcrumbs with herbs, eggs, garlic, lemon juice. Mix well.
2. Press combined mixture firmly over meat. Cover tops of cutlet bones with foil to prevent over-browning.
3. Heat oil in frypan on heat setting 'High Sear'.
4. Place lamb racks, crust side down into frypan, cook for 10 minutes. Carefully turn racks over, reduce the setting to 4-6 and cover with lid. Cook for approximately 30 minutes or until lamb is cooked to desired doneness.
5. Remove lamb racks from pan, cover with foil and allow to stand for 10 minutes before carving.

THAI FISH CAKES

Serves 4

INGREDIENTS

400g boneless white fish fillets, diced (cod or jewfish is preferable)
½ bunch coriander, leaves and roots, finely chopped
1 x 60g egg
¼ cup well cooked rice
1 teaspoon red curry paste
1 teaspoon fish sauce
1 Tablespoon sweet chilli sauce
4 cups/1 Litre vegetable oil, for frying
Sweet chilli sauce, for serving
Lime wedges, for serving

METHOD

1. Place fish, coriander, egg, rice, curry paste and sauces into a food processor. Process the ingredients using pulse button, until the mixture is smooth.
2. Shape fish cakes by placing a little oil onto the palms of your hands. Mould fish cakes into a flat round shape 3-4cm wide and place onto a greased tray. Cover and refrigerate for 20 minutes.
3. Preheat oil in the frypan on setting 8-10 for 10 minutes.
4. Place 6-8 fishcakes into hot oil and shallow fry until golden, remove and drain on paper towel.
5. Repeat with the remaining fish cakes.
6. Serve hot with sweet chilli sauce and lime wedges.

MUSSELS IN TOMATO AND GARLIC

Serves 4-6

INGREDIENTS

2 Tablespoons olive oil
2 Spanish onions, finely diced
3 cloves garlic
1 cup/250ml white wine
600ml prepared tomato pasta sauce
1 kg fresh mussels, bearded and scrubbed
¼ cup basil leaves, shredded
Freshly ground black pepper
Crusty bread, for serving

METHOD

1. Preheat frypan on 'High Sear' setting. Add the oil, onions and garlic and stir fry until the onion is soft.
2. Add wine and cook until liquid is reduced by half.
3. Stir in tomato sauce, cover with lid and bring mixture to boil.
4. Add mussels, then reduce to heat setting 6-8, replace lid and cook until mussels have opened.
5. Remove any mussels that have not opened. Stir in basil and sprinkle with pepper.
6. Serve with crusty bread.

CHOCOLATE AND PEANUT CAKE

INGREDIENTS

2 teaspoons white vinegar
½ cup/125ml milk
1 cup/155g self-raising flour
½ cup caster sugar
¼ cup cocoa
¼ teaspoon bicarbonate of soda
1 x 60g egg
60g butter, melted
⅔ cup/165ml cream, for serving
1 Tablespoon icing sugar, for serving
1 Scorched Peanut Bar, crumbled, for serving

METHOD

1. Preheat frypan on 'High Sear' setting.
2. Grease and lightly flour a 20cm round cake pan.
3. Add vinegar to milk, mix well and allow to stand for 5 minutes.
4. Sift flour, sugar, cocoa and soda into a mixing bowl. Add egg, butter and milk mixture. Mix with an electric beater to form a smooth batter.
5. Pour batter into prepared tin and smooth top.
6. Place cake on a small wire rack in frypan, cover with lid, with vent closed, and cook for 40 minutes or until cooked when tested.
7. Remove from frypan and allow cake to stand for 2-3 minutes before then turning onto a wire rack. Cool completely.
8. Just before serving, whip cream and fold in crumbled peanut bar. Cut cake in half horizontally. Spread cream mixture over cut surface of the bottom layer, place cut surface of the top cake layer onto the cream. Lightly dust top surface of cake with icing sugar.

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BEF210–BEF200 Issue - A10

Breville

the Avance® Skillet

Instruction Booklet

BEF210–TF10

CONGRATULATIONS

on the purchase of your new
Breville Avance® Skillet

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8 Operating your Breville Avance® Skillet

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operation and save for future reference.
- Remove and safely discard any packaging material and promotional stickers before using the Avance® Skillet for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover that is fitted to the power plug of the Avance® Skillet.
- Do not place the Avance® Skillet near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water.
- Keep the Avance® Skillet clear of walls, curtains and other heat or steam sensitive materials. Minimum 200mm distance.
- Do not place on or near a gas burner, electric element or in or near a heated oven.
- Do not use on a sink drain board.
- Always insert Temperature Control Probe into probe socket before inserting power plug into power outlet and switching on appliance. Ensure the probe socket is completely dry before inserting the Temperature Control Probe.
- The Avance® Skillet must be used with the Temperature Control Probe provided. Do not use any other probe or connector.
- To protect against electric shock, do not immerse power cord or Temperature Control Probe in water or any other liquid, or allow moisture to come in contact with these parts.
- Ensure the Temperature Control Probe has cooled before removing from the appliance.
- Always remove Temperature Control Probe before cleaning the appliance.
- If using plastic utensils, do not leave in frypan when hot.
- Extreme caution must be used when the appliance contains hot oil or other liquid. Do not move the appliance during cooking. Allow the Avance® Skillet to cool before removing oil or other liquid.
- Do not touch hot surfaces. Use the handles for lifting and carrying the Avance® Skillet.
- Do not leave the appliance unattended when in use.
- Always turn the Temperature Control Probe to 'MIN', then switch off at the power outlet and allow probe to cool, then remove probe and unplug, if appliance is to be left unattended, if not in use before attempting to move appliance and before cleaning.
- Keep the appliance clean. Refer to care and cleaning (page 10).
- Do not place anything on top of the Avance® Skillet when stored.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

⚠ *WARNING*

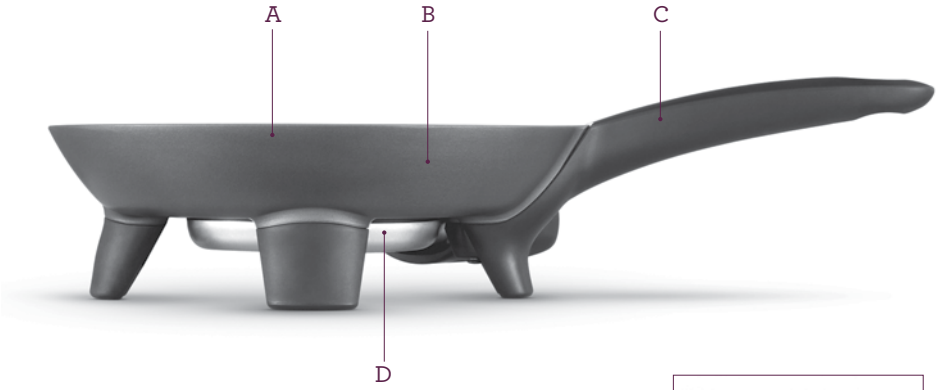
Do not operate the Avance® Skillet on an inclined surface. Do not move the Avance® Skillet while it is switched on.

SAVE THESE INSTRUCTIONS

KNOW

your Breville Avance® Skillet

KNOW YOUR BREVILLE AVANCE® SKILLET



A. **24cm skillet**
B. **High quality non-stick cooking surface**
C. **Cool touch handle**
D. **Powerful 1100 watt die-cast element**
E. **Trigger release removable variable Temperature Control Probe** with 10 heat settings

BEFORE FIRST USE

It is recommended to remove any promotional labels and wash your Avance® Skillet in hot soapy water. Rinse and dry thoroughly. Do not immerse the power cord and/or temperature control probe in water or any other liquid.

OPERATION OF YOUR SKILLET

1. Insert the temperature control probe into the probe socket on the appliance. Plug power cord into a 230/240V power outlet and switch 'ON'. Always insert the probe into the appliance first, then plug power cord into main power outlet.

NOTE

Before inserting the temperature control probe into the Avance® Skillet socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

2. Turn the dial on the heat probe clockwise to the desired setting. The heating 'ON' light will illuminate.
3. The red temperature control light will be on until the Avance® Skillet reaches the desired temperature. Once the temperature has been reached, the red light will cycle 'ON' and 'OFF' during cooking to retain the desired temperature.
4. When cooking is completed, turn the dial anti-clock-wise until it is aligned with the 'MIN'. Switch off at the power outlet and unplug power cord.
5. Leave the temperature control probe connected to the appliance until cool.
6. Remove the Temperature Control Probe and follow the cleaning instructions to clean your Avance® Skillet (page 10).

NOTE

This Avance® Skillet must be used with the temperature control probe provided. Do not use any other probe or connector.

CARE, CLEANING & STORAGE

for your Breville Avance® Skillet

CARE

- Do not leave plastic cooking utensils in contact with the hot Avance® Skillet surface while cooking.
- Do not use metal utensils on the non-stick coating of the Avance® Skillet. Only use wooden or good quality plastic utensils to stir or serve food.
- Before cleaning, switch the Avance® Skillet to 'MIN' and unplug power cord from the power outlet. Remove the temperature probe when cooled from the socket in the appliance.

CLEANING

Temperature Control Probe

- If cleaning is necessary, wipe the Temperature Control Probe over with a slightly damp cloth. Ensure it is completely dry before use.

NOTE

Never immerse the temperature control probe or power cord in water or any other liquid.

TIP

For convenient storage of the temperature control probe, line the Avance® Skillet with 2 sheets of kitchen paper and place the probe on the kitchen paper. This will ensure the probe and plug don't scratch the non-stick surface.

Non-stick cooking surface

Your Avance® Skillet features high quality two coat non-stick coating, ideal for low fat cooking. Regardless of this fact, Breville recommends that care is taken with the non-stick coating particularly when using metal utensils. Do not use sharp objects or cut food inside the Avance® Skillet.

Breville will not be liable for damage to the non-stick coating where metal utensils have been used. Cooking on a non-stick surface minimises the need for oil, food does not stick and cleaning is easier. Any discolouration that may occur will only detract from the appearance of the Avance® Skillet and will not affect the cooking performance. When cleaning the non-stick coating, do not use metal (or other abrasive) scourers. Wash in hot, soapy water. Remove stubborn spots with a plastic washing pad or nylon washing brush. Rinse and dry thoroughly.

Removing discolouration of the non-stick surface

- Combine 2 tablespoons bicarbonate of soda, ¼ cup household bleach, 1 cup water.
- Pour into the Avance® Skillet, place lid on with the vent closed, and simmer for 5-10 minutes.
- Clean in a well-ventilated area and avoid breathing in the vapours. Wash as directed before re-use. In some instances this may not remove all the staining.

Dishwasher safe

Your Avance® Skillet vessel is dishwasher safe for easy cleaning. The recessed heating element is completely sealed so it is safe to immerse in water.

NOTE

Before inserting the temperature control probe into the Avance® Skillet socket, ensure the interior of the socket is fully dry. To do this, shake out excess water then wipe the interior of the socket with a dry cloth.

STORAGE

Store the temperature probe carefully. Do not knock or drop it as this can damage the probe. If damage is suspected, return the temperature control probe to your nearest Breville Service Centre for inspection.

COOKING TECHNIQUES

for your Breville Avance® Skillet

SAUTÉING

Recommended temperature probe setting: 8–10

Used for sautéing onions, garlic, spices, pastes, herbs, vegetables, meat and seafood.

PAN FRYING

Recommended temperature probe setting: 8–10

Searing meat – 10

Medium heat – 6-8

Used for cooking meats, fish, seafood, eggs, chicken or sausages.

- Preheat the Avance® Skillet on high heat setting. When heated add a small amount of oil, which prevents the food from sticking. The Avance® Skillet's non-stick cooking surface allows you to reduce the amount of oil when cooking.
- Brush whole meat cuts, eg. steak, chicken breast, and fish fillets, with small amount of oil before pan frying rather than adding oil directly to the pan.
- When cooking meats, start on setting 10 to seal in juices. Reduce heat to setting 6–8 to cook the meat to well done.

ROASTING

Recommended temperature probe setting: 8–10

Searing meat – 8

Medium heat – 5-6

Roasting Meat and Poultry

The Avance® Skillet is ideal for roasting meat and poultry, as the meat retains flavour and juices.

- Preheat the Skillet on setting 8. Fattier joints of meat require no oil. Use only a small amount for less fatty joints.
- Sear and seal the meat on all sides.
- After serving, turn the dial to setting 5–6, cooking the meat as desired.
- Turn the meat during cooking.
- Once the meat is cooked, set aside and cover with foil, whilst the gravy is prepared from the juice in the Skillet.

Vegetables

- Cut into even sized pieces.
- Add to the Skillet 40–65 minutes before serving.
- For crisper vegetables, remove the meat and increase the heat for the last few minutes of cooking.

Roasting times

- The following times are for dishes that are well done. To suit your personal taste, these times can be reduced.

Pork	30-40 minutes/500g after searing
Veal	30-40 minutes/500g after searing
Lamb/ Beef	25-30 minutes/500g after searing
Chicken	30-35 minutes/500g after searing

TOASTING SANDWICHES

Recommended temperature probe setting: 8–10

Sandwiches can be easily toasted in the Avance® Skillet. Choose fillings which will hold together and do not spill out of the sandwich.

- Preheat Avance® Skillet.
- Butter pieces of bread well and place sandwich in Skillet with the buttered sides on the outside.
- Cook for approximately 3–4 minutes on either side, depending on the depth of toasting desired.

NOTE

Temperature setting will depend on filling, and will need to be adjusted accordingly.

RECIPES

BASIC OMELETTE

Serves 2

INGREDIENTS

2 x 60g eggs, beaten
⅓ cup/85ml milk
Black pepper, freshly ground
2 teaspoons oil or butter

Optional Fillings:

- Ham and cheese
- Spinach and fetta
- Tomato and corn
- Mushroom and chives
- Smoked salmon and cottage cheese

METHOD

1. Place ingredients (except oil) into a bowl and mix well.
2. Heat Avance® Skillet on setting 6, add oil or butter.
3. Pour omelette mixture into Avance® Skillet and cook for 2-3 minutes, add filling onto one half of the omelette and carefully fold other half over.
4. Cook for 2-3 minutes or until the omelette has just set.

FLUFFY SMOKED SALMON SCRAMBLED EGGS

Serves 2

INGREDIENTS

2 x 60g eggs
¼ cup/65ml thickened cream
Black pepper, freshly ground
1 Tablespoon butter
75g smoked salmon, thinly sliced
1 Tablespoon finely snipped chives

Optional Fillings:

- 2 muffins, toasted
- 40g mascarpone cheese

METHOD

1. Place eggs and cream into a mixing bowl, mix together until light and fluffy. Season with pepper.
2. Heat Avance® Skillet on setting 6, add butter. Pour eggs into hot pan, stir until mixture has thickened slightly and eggs are almost set.
3. Stir through smoked salmon; until eggs are firm, light and fluffy.
4. Sprinkle with chives. Serve on toasted muffins covered with mascarpone cheese.

ZUCCHINI, FETTA AND BASIL FRITTATA

Serves 2

INGREDIENTS

2 x 60g eggs
1 medium zucchini, grated
¼ cup fetta cheese, crumbled
1 Tablespoon shredded basil
Black pepper, freshly ground
1 teaspoon olive oil
Rocket, pear and walnut salad for serving

METHOD

1. Place eggs into a bowl and mix well, mix in remaining ingredients, except oil.
2. Heat Avance® Skillet on setting 6, add oil.
3. Pour frittata mixture into Avance® Skillet and cook for 6-7 minutes until the frittata has set.
4. Serve with a rocket, pear and walnut salad.

PIKELETS

Serves 12

INGREDIENTS

1 cup/155g plain flour
2 teaspoons baking powder
¼ Tablespoon brown sugar
2 x 60g eggs, lightly beaten
1 Tablespoon honey
1 cup/250ml milk
45g butter, melted
2 teaspoons butter (greasing)
Whipped cream and jam for serving

METHOD

1. Sift flour, baking powder and sugar into a mixing bowl.
2. Mix eggs, honey, milk and butter together, gradually add them to dry ingredients, using a Breville hand mixer, mix until a creamy consistency is formed or ingredients are smooth.
3. Allow mixture to stand for 5 minutes.
4. Heat Avance® Skillet on setting 6, add butter. Place 3 level Tablespoons of mixture about 4 cm apart.
5. Cook until and bubbles appear in pikelets, turn and cook until golden.
6. Continue with the remaining mixture.
7. Serve with cream and jam.

CREPES

Serves 10-12

INGREDIENTS

1½ cups/235g plain flour
¼ teaspoon salt
1 teaspoon vanilla essence
3 x 60g eggs, lightly beaten
1¼ cups/220ml milk
2 Tablespoons butter, melted
1 Tablespoon oil (greasing)
Lemon juice + icing sugar for serving

METHOD

1. Sift flour and salt into the glass mixing bowl.
2. Combine essence, eggs, milk and butter. Gradually add to the flour mixing well until the batter is smooth and free of lumps.
3. Heat Avance® Skillet on setting 8, add oil.
4. Pour sufficient batter into Avance® Skillet to cover evenly, but not too thick.
5. Crepes cook quickly 1-2 minutes; overcooking causes crepes to toughen.
6. Turn and cook until golden.
7. Serve with lemon juice and icing sugar.

PANCAKES

Serves 8-10

INGREDIENTS

1 cup/155g plain flour
¼ teaspoon salt
1 x 60g egg
1¼ cups/220ml milk
2 Tablespoons butter, softened
Maple syrup and ice cream for serving

METHOD

1. Combine the flour, salt, egg and milk in a mixing bowl, mix until well combined and smooth.
2. Heat Avance® Skillet on setting 6, add butter. Pour a small quantity of batter into Skillet to cover base of pan.
3. Cook until bubbles come to the surface and break.
4. Carefully turn the pancake and cook until golden.
5. Remove from Skillet. Continue with remaining batter.
6. Serve with maple syrup and ice cream.

GOURMET BEEF BURGERS

Serves 2

INGREDIENTS

150g lean beef mince
½ onion, finely diced
1 x 60g egg, lightly beaten
½ cup fresh breadcrumbs
1 Tablespoon chopped parsley
Black pepper, freshly ground
2 Tablespoons oil
¼ avocado sliced
2 slices Swiss cheese
2 thin slices spicy pancetta
2 Turkish bread rolls
Salad leaves for serving

METHOD

1. Combine beef, onion, egg, breadcrumbs, parsley and pepper. Shape into 2 patties, refrigerate until required.
2. Heat Avance® Skillet on setting 8, add oil.
3. Brown and cook patties on each side until golden and mince is no longer pink. Remove and drain on absorbent paper. Top with sliced avocado and sliced Swiss cheese.
4. Add sliced pancetta to Avance® Skillet, cook until crisp, place on each burger patty.
5. Serve on toasted Turkish rolls with salad leaves.

NOTE

Patties are best made ahead of time and chilled for several hours, before cooking.

CRUMBED LAMB CUTLETS

Serves 2

INGREDIENTS

4 lamb cutlets, trimmed
Salt & Black pepper, freshly ground
⅓ cup plain flour
2 x 60g eggs, lightly beaten
1 cup cornflake crumbs
2 Tablespoons oil
Mashed potatoes & minted peas

METHOD

1. Season cutlets with salt and pepper. Dip cutlets into flour, then into eggs and then into crumbs. Press crumbs on firmly to form a thick coating. Place cutlets in a single layer onto a tray, cover and refrigerate for 20 minutes.
2. Heat Avance® Skillet on setting 6, add oil.
3. Cook cutlets on each side for 5 minutes or until cooked to desired doneness. Remove and drain on absorbent paper.
4. Serve immediately with mashed potatoes and minted green peas.

TOMATO AND BASIL BRUSCHETTA

Serves 2

INGREDIENTS

2 slices light rye or French stick bread,
thickly sliced diagonally
1 clove garlic, cut in half
2 Tablespoons olive oil
½ cup finely chopped deseeded tomato
½ cup finely chopped Spanish onion
1 Tablespoon olive oil
1 Tablespoon shredded basil
1 teaspoon light brown sugar

METHOD

1. Rub both sides of bread with cut surface of garlic.
2. Heat Avance® Skillet on setting 6, add oil. Cook bread until golden brown on each side.
3. Combine tomato and onion, in a bowl.
4. Combine olive oil, basil and brown sugar, mix well. Stir into tomato mixture.
5. Spoon tomato mixture evenly onto warmed toasted bread slices.

NOTES

NOTES

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